

HARPER CENTER BULLETIN

Harper Center Bulletin #183

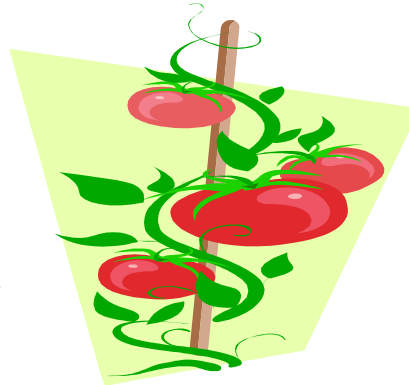
May 1st, 2010

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MAY 2010 NEWSLETTER

So, it's the month of May. Almost time to plant all the flowers you've been nurturing under cover for the last few weeks. Last year, I planted early and we had a freak frost which killed all my stuff, as predicted by "they" who know and see all. All right, I won't make that mistake again this year simply because it costs too much to get stung like that. I'll wait, though I certainly do not want to! Yeah, I'm whining-so what ? OK, anyway, we'll be restoring our back garden to glory again soon, and as usual, the veggies we grow will be for use here at the Harper Center kitchen, and for rewarding the volunteers who help so ably here at the Harper Center all year long. We're happy to share with those folks who freely give their time to help others...and to those who come for lunch! Being May, we'll have the patio opened soon so get out there and enjoy it before the real heat sets in!



OLDER AMERICANS MONTH

May has been officially designated as "Older Americans month" since 1963. JFK had the original legislation passed way back then and at the time only 17 Million living Americans had reached their 65th birthday. On July 1st, 2004 that number had reached 36.3 million with an average of 351,000 now reaching that milestone annually starting in 2003. That's population growth! Anyway, the commemorative month was meant to be an annual celebration of all of the contributions our seniors have given us across the years. I guess the message from this community should be "Thank you for all you've done for us"!!!

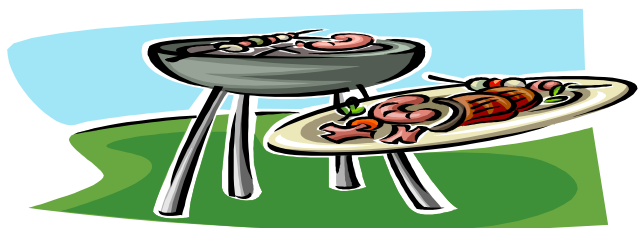
The Williamstown Council on Aging lives and rules from World Headquarters in the Harper Center at 118 Church Street in town. We're open for business on Monday thru Friday from 8-4, Sundays at noon for lunch and we have Saturday programming here and there too-check the schedule!

You can call us at 458-8250, fax to 458-5156 or email to bogrady@williamstown.net

We've been providing quality services to Williamstown seniors and their families since 1966!

THE “OTHER KIM” HOSTS A COOKOUT...

Some of you folks know Kim McMann from the Foodbank of Western Massachusetts because you participated in the healthy eating class we had here during the winter. Others because you have been involved in programming elsewhere in which she had a hand. Anyway, she'll be here for a cookout on the afternoon of May25th to help create some food masterpieces including; black bean salad with vinaigrette, pasta with meat and special mayo/olive oil dressing and salad with walnuts, crasins and maple syrup dressing-listen, don't knock it until you've tried it- and the phyllo shell dessert that some of you are already familiar with! Of course we'll add the dogs and burgers to contrast Kim's healthy food-a true conversation on healthy alternatives to consider! The sign up will be out so please reserve-we really need to know how much food to bring in for this food festival!



VINNY BRANDI

Ever notice that sometimes a singer comes here and it seems as though everything they sing is a tune everyone knows? Vinny Brandi is one of those musicians. He came here a few months ago courtesy of our friend Ida at Berkshire Housing and guess what? He'll be back here at the Harper Center on May18th at 1:00, again courtesy of Ida's TAP program. He really drew rave reviews when he was last here and I'm sure that he'll be equally as entertaining this time around. We'll have a luncheon at noon featuring pasta and something grilled, maybe sausage this time, eh? And salads, etc. Check the signup sheet for details!



HEALTHY EATING WITH “NEW HORIZONS”

These will be a series of food and nutrition conversations with an expert- an actual registered dietitian from Northern Berkshire Health Systems- and it's like a free consultation! The sessions are scheduled about a month apart and are centered on food topics beginning on May 12th at 9:00, a Wednesday morning-and we'll feed you a hearty breakfast featuring eggs and bacon, toast and coffee for coming in early- with a topic entitled “Healthy Eating Tips for One”. Sounds like it might just be pertinent to a group of folks out there! The event's free but we have to ask you to sign up so we can get the right number of eggs to crack...



THE WOUND CLINIC AT NARH

Negative pressure wound therapy, bioengineered skin substitution, growth factor therapies...y'all got a clue as to what this all means? Sounds kind of really technical stuff to be appearing in these pages. Well, it might be, but these high falootin' terms are part of the therapy offered at the new Wound Care Clinic at the North Adams Regional Hospital every day now. Who would have thought that our own little hospital could manage therapies such as these. But they do! The wound clinic is a state of the art facility specializing in the treatment of chronic wounds and conditions which are not responding to normal treatment options-in other words, boo-boos which are really tough to heal. You know the type of wound I refer to! Anyway, on Tuesday May 4, Kelly Morse from the wound center will be here to tell you about this new 21st century care option and what it can do for us. Join us for pizza at noon and a conversation with Kelly at 1:00. Sigh up-you know where!



YOGA-SIZE CLASS WEDNESDAY, MAY 5 AT 9:00

Part of our joint "New Horizons" program with the folks at REACH is the "yoga-size" class which premiered last month. For those who have asked, yes, it really is yoga but it has been adapted for CHAIR exercises very much like a part of our regular exercise class is. This one is also a gentle program and really is designed to help loosen stiff joints and improve blood circulation. They tell me that it really works and let me tell you, I have personally found yoga to be relaxing and yes, it does stretch you out, "limbers you up" as my father would have said. Some people have indicated to me that they would find it intimidating because they are afraid of it-don't be. This class is appropriate for everyone so try it out. Ask someone who was in the last class, don't just take it from me! If we like and support it, maybe I can get a grant to continue it weekly! By the way, participation is limited to 20 so let us know if you're coming! Oh, I'm NOT a member of this class, but if I can do it, you know that you can!

CAREGIVER SUPPORT

There's a rumor out there that caregiver support is meant for the people who are looking for folks to come into their homes and provide different levels of care ranging from grocery shopping to meals. I guess there are agencies out there who call their paid staff "Caregivers" but that just confuses the issue. Caregivers, for a lot of us, are those individuals, family members, friends, and so forth who provide care out of concern or love. They're not paid and are frequently stressed out because, unlike paid personnel, they simply don't turn it off when the shift is over and are "on" 24/7. These are the people we want to reach. Are you one or do you know one? Come in May 20th at 1:00 and share with us!



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**We're on the web;
www.williamstown.net**

The Garden Club of Williamstown will be at the Harper center on Monday May 3rd at 1:00 in the afternoon to hold their annual plant and flower discussion. Given the season we're heading into, this is a timely meeting. I have been advised that the meeting is open to everyone interested in plants and flowers, including those of you who aren't members of the garden club itself. Stop by!

Yvonne Andrews, our new massage therapist friend has been here a couple times since her demonstration back in February and provided some soothing massage to some folks who would be happy to share their experiences with you. She'll be here on Friday May 21 from 1:00 to 3:00 and will provide twenty minutes of soothing massage for \$20 and ten minutes worth for \$10. I understand that this rate is quite a bargain and if you've never had your neck and shoulders massaged, I highly recommend it. What do you have to lose?

PAGE 4 NEWS AND NOTES

Kip Moeller, our foot care nurse will hold two clinics in May, one starting at 9:00 on MONDAY the 3rd, yes I did mean Monday, and the second at the usual time-9:00 on Tuesday May 11. As the demand increases, we'll create time, but Kip needs to know that you're coming so talk with us here at the Harper office to schedule an appointment. They fill up fast, and, as we speak, we're taking appointments for JULY!

The monthly Blood Pressure Clinic, sponsored by our friends at Premier Healthcare will be at noon on Tuesday May 11, right before the Friendship Club meeting. It's an important number to know, right?

Our SHINE Counselor Peggy Jenks will make her monthly visit to the Harper Center on the 19th at 11:30 but, as usual, she's available for those who have health insurance issues at other times as well by appointment-call the office-458-8250, and we'll connect you!

The monthly Brown Bag grocery supplement will be on Friday afternoon, May 28th. Brown Bag is a monthly delivery of shelf stable food and fresh fruits and veggies in season sponsored thru the Foodbank of Western Massachusetts. Interested? Stop by the Harper office and we'll get you an application. This is a growing program!